



Friendship Heights VILLAGE NEWS

FEBRUARY 2004

301-656-2797

VOLUME 18, NO. 9



Trip to the Ballet
See page 3

USA Today political columnist to speak at Center

Veteran journalist Walter Shapiro will discuss his book, *One-Car Caravan: On the Road with the 2004 Democrats Before America Tunes In*, at the Village Center on **Monday, Feb. 23, at 7:30 p.m.**

Mr. Shapiro traveled with six aspiring Democratic contenders (Edwards, Lieberman, Kerry, Graham, Dean and Gephardt) in 2002 and early 2003 when their motorcades consisted of only one car and their campaign stops were in living rooms, and before media managers and campaign consultants took charge of them. His witty and intelligent account of the roots of the current presidential campaign has been called by the *New York Times* "the most authoritative book on the 2004 presidential election to date."

Walter Shapiro has written the twice weekly political column, "Hype and Glory," for *USA Today* since 1995. A long-time magazine writer before joining *USA Today*, Mr. Shapiro's positions have included monthly columnist for *Esquire*, Senior Writer for *Time*, political writer at *Newsweek*, editor of *Washington Monthly*, and reporter for *The Washington Post* and *Congressional Quarterly*. He is also a former presidential speechwriter and has regularly performed stand-up comedy at leading clubs in New York since 1995.

Please sign up in advance, as seating will be limited. Call the Village Center at 301-656-2797 to register. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

Take off to Air and Space Museum Annex

The Smithsonian Institution's National Air and Space Museum has built a new museum for the display and preservation of its collection of historic aviation and space artifacts. The Steven F. Udvar-Hazy Center, located at Washington Dulles International Airport, provides much needed space for the objects that tell the history of aviation and space flight. Join us for a guided tour of the new museum on **Tuesday, March 16.**

The exhibit includes the Space Shuttle "Enterprise;" Air France's first Concorde; an SR-71 Blackbird reconnaissance aircraft; the Dash 80 prototype of the Boeing 707; and,

continued on page 2

Hexagon — Just for the Pun of It

They're at it again. Those silly, satirical members of Hexagon are now poking fun at Washington with music and comedy in "Wee Puns of Mass Distraction." Join us for a preview night on **Thursday, Feb. 26**, at the Duke Ellington Theater in Georgetown. For almost 50 years, Hexagon has offered a hilarious spoof on our government and its leaders. Each show is original, with Hexagon members writing the scripts, lyrics and music; performing; playing in the orchestra; designing the sets; and handling all the backstage activities. Each year proceeds go to a local charity. This year's beneficiary is Rebuilding Together with Christmas in April. We'll leave the Village Center at 7 p.m. and should return around 11. The cost of the trip is \$28 and includes ticket and transportation. Sign-ups for residents begin immediately. Nonresidents may sign up beginning Feb. 7. The deadline to sign up is Feb 20.



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Pianist Frederick Moyer performs

Concert pianist Frederick Moyers brings more than 20 years of experience from his unique musical career to the Village Center on **Thursday, Feb. 5, at 1 p.m.**

His 20 recordings on the Biddulph, GM and JRI labels comprise works by more than 30 composers and reflect his affinity for a wide variety of styles.

His enthusiasm, exacting artistry and adventurous programming has made him a favorite among audiences

of all ages.

This event is free, but please call the Village Center at 301-656-2797 to let us know you're coming. Don't miss this special winter performance!

Air and Space Museum Annex, *continued from page 1*

the B-29 Superfortress "Enola Gay," which dropped the atomic bomb on Hiroshima. Also on display are rarities like the Aichi Seiran, a single-engine plane that folded up to fit inside a submarine and a single-seat Northrop NIN, a flying wing with two propellers in back.

Please be aware that we will be walking for nearly two hours.

On our way home, we will stop at Milwaukee Frozen Custard for a sweet treat. We will leave the Center at 12 noon and return before 5 p.m. The cost of the trip is \$25. There are 46 spaces available. Sign up immediately at the Village Center. Nonresidents may sign up beginning Feb. 7. The National Air and Space Museum is the most visited museum in the world, but only 10 percent of the museum's holdings fit into the downtown space. Now you can see the other 90 percent!



The space shuttle Enterprise in its new home, the James S. McDonnell Space Hangar, at the Steven F. Udvar-Hazy Center. Enterprise was used for approach and landing tests in the late 1970s.



www.erols.com/friendshiphtsvillage

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, **301-656-2797**. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

Advertising

The deadline for reserving space for the March issue is February 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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o n t h e g o



A trip to see Toulouse-Lautrec

Henri de Toulouse-Lautrec became an overnight sensation when his first poster of a music hall dancer performing the can-can hit the streets of Paris. A patron of the infamous Moulin Rouge music hall, Toulouse-Lautrec defined Parisian life of the 1890s with his images. View some of the artist's masterpieces when we travel to the Baltimore Museum of Art for "Toulouse-Lautrec: Master of the Moulin Rouge" on **Thursday, Feb. 19**. The exhibit, drawn from the BMA's outstanding collection of works on paper, features more than 100 rarely seen posters, lithographs,

and books by Toulouse-Lautrec and his contemporaries. Included in the exhibit are scenes from Parisian cabarets, advertisements, theater programs, and lithographs from the rare "Elles" series, a glimpse into the private lives of ladies of the evening.

We'll leave the Village Center at 11 a.m. and enjoy lunch at the Gertrude's, a lovely café at the BMA. Lunch will include a house salad, crabmeat quiche and, for dessert, mudd cake. Choice of coffee, iced or hot tea is also available.

Following lunch, we'll take an audio tour of the exhibit. You'll also have time to visit the BMA's fabulous gift shop. We should return to Friendship Heights by 4 p.m.

The cost of the trip, which includes transportation, lunch, admission to the exhibit and audio tour, all taxes and gratuities, is \$ 49. Sign up immediately at the Village Center. Nonresidents may sign up beginning Feb. 7. The deadline to sign up is Monday, Feb. 18. There are 34 spaces available.

A salute to the genius of George Balanchine

Join us for a trip to the John F. Kennedy Center on **Thursday, March 4**, to see a dress rehearsal of the New York City Ballet performing an all-Balanchine program. This is a terrific opportunity to see one of the foremost dance companies in the world for a fraction of the price of a performance ticket.

During the open rehearsal, the dancers will rehearse the programs planned for the much-anticipated return to the Kennedy Center.

Possible programs include *Jewels*, *Serenade*, *Apollo*, *Symphony in C*, *Concerto Barocco*, *Prodigal Son*, and *Tchaikovsky Piano Concerto No. 2*. During rehearsal, there will be occasional breaks when a ballet scholar will speak to the audience and take questions.

We will leave the Village Center at 12:30 p.m. and return home by 4:30 p.m. Cost of the trip is \$23, which includes the ticket, transportation and all gratuities. There are 34 tickets available for general seating. Sign up immediately at the Village Center. Nonresidents may sign up beginning Feb. 7.

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One-man show at the Village Center

"The Kingfish," which depicts the life of Huey Long of Louisiana, will be presented at the Village Center on **Friday, Feb. 20, at 1 p.m.** Long will be played by actor Barry Abrams.

"The Kingfish" premiered at the New Playwright's Theatre in Washington in 1979 and has been performed on a regular basis around the country ever since. In 1991, it enjoyed a short run on Broadway. The play was written by Larry King, co-author of "The Best Little Whorehouse in Texas," and Ben Grant.

Huey P. Long was a charismatic politician of the 1930's whose populist program transformed Louisiana and threatened the reelection of Franklin Roosevelt in 1936. He was a radical populist who sought to increase the political participation of blacks and poor whites, and pushed for the expansion of governmental services in education, health and transportation. His career was cut short when he was assassinated at the age of 42.

Mr. Abrams has performed in a number of theaters around the country. Last summer he understudied Robert Prosky in Arena Stage's "An American Daughter." "The Kingfish" is directed by Ed Starr, the founder of Montgomery County Senior's Theatre.

There is no charge for the performance, but please call 301-656-2797 to reserve a seat.



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Become a Member of The Italian Cultural Society

Meetings: on the third Sunday of the month
from 1pm to 6pm, at the Friendship Heights Village.

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FOR INFORMATION CALL 301-215-7885



Active for Life course to begin in the spring

The Jewish Council for the Aging of Greater Washington has been awarded a grant from the Robert Wood Johnson Foundation to implement the Active for Life Program in the Washington area. The Village Center will be one of the sites for the program.

The 20-week course, beginning in April, aims to help midlife and older adults who are sedentary but healthy become physically active. It is not an exercise class; the structured curriculum teaches lifestyle and behavioral change skills to help people overcome their resistance to physical activity. The program focuses on the most common barriers to becoming more active—lack of time, lack of motivation, and, dislike of exercise.

The program has two parts. First are the weekly, interactive, one-hour classes composed of about 20 participants and led by a certified Active for Life Coach. The second part consists of weekly, between-class written assignments, which help participants to test out various forms of physical activity and learn to self-monitor their performance.

Participants must be adults fifty or older who do not engage in moderately-intensive (defined as exercise that causes huffing and puffing and even a moderate sweat) physical activity more than 2 hours on more than 2 days a week. The program is totally free of charge and includes tuition for the 20 classes, a textbook, a step counter, and an Active for Life T-shirt. Classes will meet Mondays at 1:30 p.m., beginning with an informational meeting on April 26. This series will be announced in *Senior Beacon* this month so call 301-255-4205 soon to register.



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Estate planning and estate administration

Attorney Lawrence Abrams will conduct a series of three monthly programs on selected topics concerning estate planning and estate administration beginning **Thursday, March 11, from 1 to 2:30 p.m.**

The first program is entitled "Estate Planning - an Overview" and covers wills and trusts, living wills, health care directives and powers of attorney. The second program, to be held **Thursday, April 8, from 1 to 2:30 p.m.**, is entitled "Transfers at Death Under the Will (Probate) and Transfers at Death Outside the Will (No Probate)." The third will be on **Thursday, May 6, from 1 to 2:30 p.m.** and is entitled "Lifetime Gifts and Gift and Estate Taxes."

Mr. Abrams is a graduate of Cornell University and the University of Pennsylvania Law School. He was an attorney with the Securities and Exchange Commission for five years before entering private practice nearly 30 years ago. He specializes in estate planning and estate administration in Maryland and Washington., DC.

The presentations will be informal and "non-technical" with plenty of time for questions and discussion. They are free, but please sign up in advance if you plan to attend. Call the Village Center at 301-656-2797 to register.

Sherry Rosen and friend at the Corcoran's exhibit of Seward Johnson sculptures. Photo by Emanuel Rosen.



The U.S. Parole Commission

will host its **11th Annual African-American History Month Program** at the Village Center on **Wednesday, Feb. 25 at 12 noon**. The theme of this year's program is "Before Brown, Beyond Boundaries: 50th Anniversary of Brown v. Topeka Board of Education." All are invited to attend; registration is not necessary.

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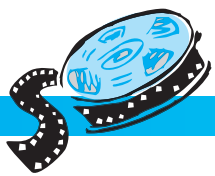


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o n t h e b i g s c r e e n

Playing in February on the big screen

Enjoy fresh popcorn during these free video presentations

Thursday, Feb. 5, 7:15 p.m. — **Secondhand Lions.**

In this family-friendly comedy drama, Haley Joel Osment stars as Walter, a shy, bookish boy whose mother impulsively decides to leave him for the summer with his eccentric grand-uncles. Walter isn't especially happy about being left in the middle of Texas with two old men and the uncles aren't too pleased about being stuck minding a boy, especially one who isn't accustomed to hunting, fishing, or firearms. Soon, however, Walter is a semi-willing accomplice as his elderly guardians rediscover the wild, impulsive spirit of youth. Also stars Michael Caine, and Robert Duvall. Rated PG. Running Time: 109 minutes.



Secondhand Lions

Thursday, Feb. 12, 7:15 p.m.

— **Under the Tuscan Sun.** A woman starts her life over with a new home in a new land in this romantic comedy drama. Diane Lane plays Frances, a writer in her mid 30s who feels emotionally derailed after her divorce. Unhappy and unable to write, she isn't sure what to do with her life, and her best friend Patti decides she needs some time away from her problems. With that in mind, Patti gives Frances a ticket for a two-week tour of the Tuscany region of Italy; while there, Frances finds a dilapidated old villa. Charmed

by the warmth, beauty, and charm of the small town of Cortona, Frances impulsively decides to buy the villa, thinking she can fix it up herself. The home proves to be more of a handyman's special than she imagined, but as she slowly gets the hang of household maintenance, Italian style, Frances develops new confidence as she makes friends with her neighbors and finds love with a handsome local named Marcello. Rated PG-13. Running Time: 113 minutes.

Thursday, Feb. 19, 7:30 p.m., — **Café Muse, see page 14 for details.**

Thursday, Feb. 26, 7:15 p.m. —

Radio. Set in a small South Carolina town during the 1960s, this film stars Ed Harris as Harold

Jones, a high school football coach, and Cuba Gooding Jr. as a mentally challenged student known as Radio. When Coach Jones meets Radio, he allows him to help out with his football team. While the townspeople just aren't sure about Radio hanging around the team, the star player, Johnny Clay, is downright mean about it. Nevertheless, Radio continues to support the team for the next three decades. Also stars Alfre Woodard, Debra Winger and Sarah Drew. Rated PG. Running Time: 109 minutes.

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friendship gallery

The American Art League to exhibit at Friendship Gallery in February

The American Art League is an organization of professional artists in the Washington area and was established over one hundred years ago. Its members work in watercolor, mixed media, oils, pastels, acrylic, and printmaking, and have exhibited extensively.

The League's exhibit at Friendship Gallery begins Feb. 1 and runs through Feb. 29. The public is invited to meet the artists at a reception on **Sunday, Feb. 8, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m.

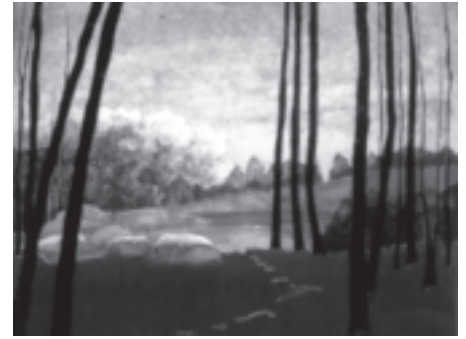
to 5 p.m., and Saturday and Sunday, 9 a.m. to 2 p.m. Art work in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive.



"Bed and Breakfast" by Shirley Tabler



"Blue Reflections" by Genevieve Roberts



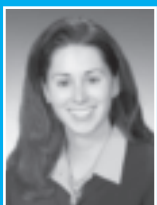
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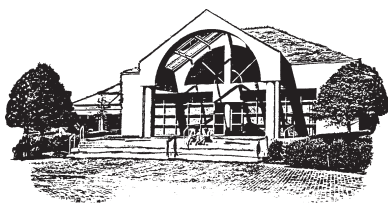
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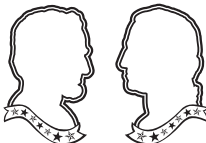
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Bones for Life	2 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1 p.m.: Da Vinci Code Talk 2:30 p.m.: Drawing and Painting	3 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N’ Tone 7 p.m.: Mat Pilates	4 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 7:30 p.m.: Concert: Jesse Holt	5 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 1 p.m.: Frederick Moyer in concert 6 p.m.: Dance N’ Tone 6:30 p.m.: Scrabble 7:15 p.m.: Movie: Secondhand Lions	6 9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m.: “Ready, Set, Sing” 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance	7 8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 – 5 p.m.: Blind Faith School
8 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception 11:30 a.m.: Bones for Life	9 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N’ Tone 7 p.m.: Mat Pilates	11 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Suburban Lecture: The ABCs of Melanoma 1 p.m.: Health Insurance Counseling 3 p.m.: Wearable Art Fashion Show and Tea 7:30 p.m.: Concert: Silver Strings	12 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 6 p.m.: Dance N’ Tone 6:30 p.m.: Scrabble 7:15 p.m.: Movie: Under the Tuscan Sun	13 9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m.: “Ready, Set, Sing” 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance	14 8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 – 5 p.m.: Blind Faith School 
15 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Yoga	16 Presidents’ Day Center Open 9 a.m. – 2 p.m. 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 	17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N’ Tone 7 p.m.: Mat Pilates	18 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 7:30 p.m.: Concert: Diz Russell	19 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 11 a.m.: Depart for BMA 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 6 p.m.: Dance N’ Tone 7:30 p.m.: Café Muse	20 9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m.: “Ready, Set, Sing” 10:30 a.m.: Coffee and Current Events 12:15 p.m.: Sunrise Special Lunch 1 p.m.: “The Kingfish” 1 p.m. to 4 p.m.: AARP Tax Assistance	21 8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 – 5 p.m.: Blind Faith School
22 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Yoga	23 9:15 a.m.: Fit-4-Ever 10: a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 7:30 p.m.: Book Signing with Walter Shapiro	24 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	25 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 12 p.m.: African-American History Month Program 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Sounds East	26 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7 p.m.: Depart for Hexagon 7:15 p.m.: Movie: Radio	27 9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m.: “Ready, Set, Sing” 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance	28 8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 – 5 p.m.: Blind Faith School
29 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Yoga	Village Council meetings are held the second Monday of each month at 8 p.m. at the Village Center. The next meeting will be Monday, February 9 . The agenda for the meeting is sent to the manager of each building in the Village the week before the meeting with the request that it be posted.					

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

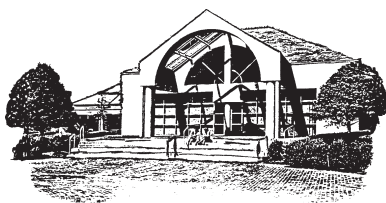
Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.


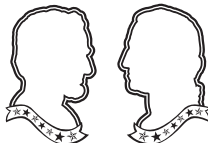
The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Special lunch and program

This month’s Special Lunch, will be held on **Friday, Feb. 20, at 12:15 p.m.** Lunch will be spaghetti with meat sauce, salad, vegetable medley, garlic bread, and carrot cake for dessert. The cost is \$6, which must be paid when your reservation is made. Please reserve your seat by Wednesday, Feb. 18.

After lunch, please stay to enjoy a special production of “The Kingfish,” starring Barry Abrams as Huey Long at **1 p.m.** See page 4 for details.



FEBRUARY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Bones for Life	2 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1 p.m.: Da Vinci Code Talk 2:30 p.m.: Drawing and Painting	3 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N’ Tone 7 p.m.: Mat Pilates	4 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 7:30 p.m.: Concert: Jesse Holt	5 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 1 p.m.: Frederick Moyer in concert 6 p.m.: Dance N’ Tone 6:30 p.m.: Scrabble 7:15 p.m.: Movie: Secondhand Lions	6 9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m.: “Ready, Set, Sing” 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance	7 8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 – 5 p.m.: Blind Faith School
8 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception 11:30 a.m.: Bones for Life	9 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N’ Tone 7 p.m.: Mat Pilates	11 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Suburban Lecture: The ABCs of Melanoma 1 p.m.: Health Insurance Counseling 3 p.m.: Wearable Art Fashion Show and Tea 7:30 p.m.: Concert: Silver Strings	12 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 6 p.m.: Dance N’ Tone 6:30 p.m.: Scrabble 7:15 p.m.: Movie: Under the Tuscan Sun	13 9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m.: “Ready, Set, Sing” 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance	14 8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 – 5 p.m.: Blind Faith School 
15 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Yoga	16 Presidents’ Day Center Open 9 a.m. – 2 p.m. 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 	17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N’ Tone 7 p.m.: Mat Pilates	18 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 7:30 p.m.: Concert: Diz Russell	19 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 11 a.m.: Depart for BMA 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 6 p.m.: Dance N’ Tone 7:30 p.m.: Café Muse	20 9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m.: “Ready, Set, Sing” 10:30 a.m.: Coffee and Current Events 12:15 p.m.: Sunrise Special Lunch 1 p.m.: “The Kingfish” 1 p.m. to 4 p.m.: AARP Tax Assistance	21 8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 – 5 p.m.: Blind Faith School
22 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Yoga	23 9:15 a.m.: Fit-4-Ever 10: a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 7:30 p.m.: Book Signing with Walter Shapiro	24 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	25 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 12 p.m.: African-American History Month Program 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Sounds East	26 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7 p.m.: Depart for Hexagon 7:15 p.m.: Movie: Radio	27 9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m.: “Ready, Set, Sing” 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance	28 8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 – 5 p.m.: Blind Faith School
29 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Yoga	Village Council meetings are held the second Monday of each month at 8 p.m. at the Village Center. The next meeting will be Monday, February 9 . The agenda for the meeting is sent to the manager of each building in the Village the week before the meeting with the request that it be posted.					

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Special lunch and program

This month’s Special Lunch, will be held on **Friday, Feb. 20, at 12:15 p.m.** Lunch will be spaghetti with meat sauce, salad, vegetable medley, garlic bread, and carrot cake for dessert. The cost is \$6, which must be paid when your reservation is made. Please reserve your seat by Wednesday, Feb. 18.

After lunch, please stay to enjoy a special production of “The Kingfish,” starring Barry Abrams as Huey Long at **1 p.m.** See page 4 for details.



classes and clubs

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.
PARTICIPANTS MUST PAY FOR THE FULL SESSION. NO REFUNDS AFTER CLASS BEGINS.

NEW CLASSES

BEGINNING AND CONTINUING YOGA

This 7-week class in Hatha Yoga is taught by Robin Dinerman and begins Feb. 15. Meets Sundays from 11 a.m. to 12:30 p.m. The session includes postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$75 for residents and \$90 for non-residents. Session ends April 4 (there will be no class March 14).

BEGINNING AND CONTINUING YOGA

(Evening) This 6-week class in Hatha Yoga is taught by Robin Dinerman and begins Feb. 23. Meets Mondays from 7:30 to 9 p.m. The session includes postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$65 for residents and \$80 for non-residents. Session ends March 29.

CHINESE BRUSH PAINTING

A 10-week class taught by Helene Sze McCarthy begins Feb. 5. Meets Thursdays from 1 to 3 p.m. Cost is \$72 for 65 and over; \$120 for all others. Session ends April 8.

FIRST AID

This 3-hour class is designed to teach students how to care for patients with injuries and sudden illness. Learn treatment for external and internal bleeding, shock, anaphylaxis, head, spine, chest, abdominal, pelvis, bone, joint and muscle injuries. The events that take place during the Golden Hour- the first hour after an accident or injury- can mean the difference between life and death for an injured person. Meets Wednesday, March 17, from 1 to 4 p.m.

Training will be provided by Jeremy Gruber, Director of Operations of Rescue One. Cost for the class is \$25.

MAT PILATES

A 6-week session begins Feb. 24. Meets Tuesdays from 7 to 8 p.m. The cost is \$65 for residents and \$75 for nonresidents. Minimum of 10 students required; maximum of 15. Instructor Ginger Russell has been certified in Pilates Matwork Exercises by the *PhysicalMind Institute*. Not recommended for pregnant women or those who have compromised spinal conditions.

Please bring a cushioned mat and bath towel. Last class is April 6 (there is no class on March 2).

STILL LIFE PAINTING

A 10-week course for all skill levels with noted artist Joan Samworth begins March 4. Meets Thursdays from 10 a.m. to 12 p.m. Any medium may be used. The cost is \$55 for residents; \$75 for nonresidents. Last class is May 6. Maximum of ten students.

STRENGTH TRAINING WITH NRH REGIONAL REHAB

(Monday) A certified athletic trainer from NRH Regional Rehab in the Chevy Chase building leads a strength and conditioning class for seniors. A 10-week session begins Feb. 2. Meets Mondays at 11:30 a.m. Cost is \$50. Register by phone at 301-986-4745. Session ends April 5.

STRENGTH TRAINING WITH NRH REGIONAL REHAB

(Wednesday) A certified athletic trainer from NRH Regional Rehab in the Chevy Chase building leads a strength and conditioning class for seniors. A 10-week session begins Feb. 11. Meets Wednesdays at 11 a.m. Cost is \$50. Register by phone at 301-986-4745. Session ends April 21 (there is no class on Feb. 25).

TAI CHI (Thursday)

This 6-week session begins Feb. 24. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends April 1.

TAI CHI (Tuesday)

This 6-week session begins Feb. 24. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends April 6. There is no class on March 2.

TAI CHI EXTRA (Tuesday)

This half-hour class is especially, but not only, for beginners. Review the rudiments of Tai Chi and receive personal instruction. This 6-week session begins Feb. 24. Meets Tuesdays from 10:30 to 11 a.m. The cost is \$15. Twelve person minimum. Session ends April 6. There is no class on March 2.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. only. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 to noon. Led by group members.

CONCERTS

Free live music is presented every Wednesday throughout the year at 7:30 p.m. Following "Special Lunch" each month there is usually a free concert at 1 p.m. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance

Program. Meets on the second and fourth Wednesdays of each month. Call 301-590-2819 for an appointment; walk-ins are welcome.

MOVIES

All are invited to enjoy a movie and popcorn most Thursdays at 7:15 p.m. at the Village Center. There is no cost. Movie titles are listed on the "Big Screen" page.

RSVP KNITTERS

Meets the last Tuesday in alternate months to knit, crochet and sew items to donate to the needy. Donations of washable, acrylic yarn to the Village knitters are always welcome and appreciated. Contact Donna Dahlgren at 240-777-2611 for more information.

SCRABBLE

This active group of Scrabble players meets at the Center every Thursday, beginning at 6:30 p.m. All are welcome.

SKIP

This program pairs Village seniors with kindergarten students at Somerset Elementary School.

Activities occur throughout the school year.

TEA TIME

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers. There is no cost.

VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend or family member over age 13.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 301-493-9533 for details.

Wearable Art Fashion Show and Tea

Join us **Wednesday, Feb. 11, at 3 p.m.** at the Village Center for a unique fashion show featuring some of the area's finest fiber artists.

Most of these artists are members of the fiber guild and feature their work in the fiber gallery of Alexandria's famed Torpedo Factory. Artists include Roz Houseknecht, Ester Klima, Yuki Kriener, Kay Stratman, Gayle Roehm, and Nimi Rao.

This event is free. Please sign up at the Village Center if you plan to attend.



listen to this

CONCERTS ARE PERFORMED WEDNESDAYS, FROM 7:30 – 8:30 P.M., IN HUNTLEY HALL

Wednesday, Feb. 4 — Jesse Holt. Vocalist Jesse Holt returns to the Village Center with an evening of “Heart and Soul,” songs in recognition of Valentine’s Day and Black History Month. Joined by pianist Suzanne Hubbard, this talented tenor will perform a variety of classic and contemporary love songs including “Per la gloria d adoravi,” “Because,” “If I Loved You,” and “This Nearly Was Mine.” He’ll also perform spirituals including “His Name So Sweet,” “If I Can Help Somebody,” and “Great Day.”

Wednesday, Feb. 11 — Silver Strings. This classical quartet, returns to the Village Center for a special Valentine’s Day program. “From Bach to Pop,” offers variety of music ranging from classical to jazz, and waltzes to love songs. The quartet features Audrey Maxwell, violin; Richard Weilenmann, piano; Edward Kapuciarz, violin; and Linda Kapuciarz, cello.

Wednesday, Feb. 18 — Diz Russell. Diz Russell, leader of “The Orioles,” is an expert on the story of

American popular music. Russell started in Cleveland with the group “Four Jays.” At New York’s 52nd Street, Russell met the great Duke Ellington who hired the Jays for an one-night stand, which turned into a year-long engagement. During this time, he met Sonny Til, leader singer of The Orioles, which had the hit record “Crying in the Chapel.” The Orioles, members of the Rock and Roll Hall of Fame, performed with Frank Sinatra, Ann-Margaret, the Four Tops, and the Supremes. In his one-man program, Russell performs some of the Orioles signature songs, and he tells tales of touring and performing.

Wednesday, Feb. 25 — Sounds East. Frank Brawner is the leader of this six-piece Dixie band, which performs standard jazz tunes along with music associated with leaders of the big band era. Brawner handles the vocals along with sax and clarinet. Along with him are a trumpet and trombone on the front line backed up by a rhythm section of piano, bass and drums. Brawner founded this band about 10 years ago.



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“Long-Term Care: Knowing the Risk, Paying the Price” Health Insurance Association of America, 1997, pp. 12.

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t o y o u r h e a l t h

The ABCs of melanoma

Dr. Jeffrey Muench will discuss melanoma, the fastest growing cancer in the country at this month's Suburban lecture on **Wednesday, Feb. 11, at 1 p.m.** in the Village Center. He will give you tips for doing skin checks and tell you how to recognize moles that can be trouble. The discussion will focus on prevention and the latest treatment techniques, including seminal node dissection.

There is no cost for the lecture, but please call 301-656-2797 to let us know if you plan to attend.



Volunteers Needed

Volunteers needed to conduct blood pressure screenings on Tuesdays from 1 to 3 p.m. at the Village Center. Volunteers will need to be certified by Suburban Hospital. If interested, please contact Sandy Sewell at 301-896-6508.

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Cafe Muse presents...

This month's Café Muse, on **Thursday, Feb. 19, at 7:30 p.m.**, presents fiction writer Howard Norman & poet James Hoch.

Howard Norman's novels *The Northern Lights* and *The Bird Artist* were both finalists for the National Book Award. He has written children's books, radio plays, and a collection of short stories, *Kiss in the Hotel Joseph Conrad*. He has received a Guggenheim Fellowship and a Lannan Literary Award for Fiction. His latest book is *The Haunting of L*. He divides his time between Vermont and Washington D.C., where he teaches at the University of Maryland, College Park.

James Hoch's poems have appeared in numerous publications, including *The Kenyon Review*, *Agni*, and *Black Warrior* and have been twice nominated for a Pushcart Prize. He has received fellowships and scholarships from Bread Loaf, Sewanee, and Summer Literary Seminars, and received a 2002 Individual Artists Fellowship from the PA Council on the Arts. His first book, *A Parade of Hands*, won the Gerald Cable Award and was published in March 2003. Currently, he is Visiting Assistant Professor at Franklin & Marshall College in Lancaster, Pa.

Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has published contemporary and sponsored public programs for over 25 years. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.

VILLAGE CLASSIFIEDS

For Sale

Regency Steinway piano, ebony finish, console with bench, 5 feet long, 4 feet high, 2 feet wide. \$3900. Call Thelma, 301-652-2496.

For Sale

Coat, excellent condition, tan suede, size 12 petite, fully lined and trimmed with a warm dark brown fabric, stylish closing, \$380. Humidifier, boxed, like new \$25. Small cocktail table with marble top and antique wood base. Call 656-6595.

Wanted

Wish to purchase studio apartment in Friendship Heights, Chevy Chase or Bethesda area. Please call 240-498-3895.

Tax assistance begins

Free tax assistance will be available again this year at the Friendship Heights Village Center. Federal and Maryland tax counseling will be offered on Fridays from **February 6 to April 9**.

The IRS-AARP-Montgomery County tax program will be held every Friday from **9 a.m. to noon and 1 to 4 p.m.** This service is available to anyone who has uncomplicated returns. An appointment is required; no walk-ins will be accepted. Please call 301-468-4179 between 9 a.m. and 3 p.m. to schedule an appointment.

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TAKE A BITE OUT OF
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Common Sense Precautions for older Americans

As people grow older, their chances of being victims decrease dramatically. But a lifetime of experience coupled with the physical problems associated with aging often make seniors fearful. Although they're on the lookout for physical attack and burglary, they're not so alert to frauds and con games.

Here are some precautions suggested by the National Crime Prevention Council:

Be alert when out and about

- *Go with friends or family, not alone.
- *Carry your purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket.
- *Don't carry credit cards you don't need or large amounts of cash.
- *Use direct deposit for Social Security and other regular checks.

*If someone or something makes you uneasy, trust your instincts and leave.

Watch out for con artists

- *Don't fall for anything that sounds too good to be true—a free vacation; sweepstakes prizes; low-risk, high-yield investment scheme.
- *Never give your credit card, phone card, Social Security or bank account number to anyone over the phone. It's illegal for telemarketers to ask for these numbers to verify a prize or gift.
- *Don't let anyone rush you into signing anything—an insurance policy, a sales agreement, a contract. Read it carefully and have someone you trust check it over.
- *Be aware of individuals claiming to represent companies, consumer organizations, or government agencies that offer to recover lost money from fraudulent telemarketers for a fee.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Check out our website:

www.erols.com/friendshiphtsvillage

e-mail: friendshiphtsvillage@erols.com

phone: 301-656-2797

February 2004 events calendar